

# The Upward Bound NEWS

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**TRiO**  
UPWARD BOUND



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## CHECKOUT US OUT:

Website: [uvu.edu/trio/ub/](http://uvu.edu/trio/ub/)



[uvu.upward.bound](https://www.instagram.com/uvu.upward.bound)



[Upward Bound UVU](https://www.facebook.com/UpwardBoundUVU)

## WE HAVE A BLOG:

[uvu.edu/trio/ub/blog/](http://uvu.edu/trio/ub/blog/)



## ACT 2024-2025

### TEST DATES

October 26, 2024

December 14, 2024

February 8, 2025

April 5, 2025

June 14, 2025

July 12, 2025

## COORDINATOR'S MESSAGE



Students and Parents, Welcome back to a new school year. I hope you had a wonderful summer. We are currently looking for students to join UB. If you know somebody that would like to join, please have them fill out an application. Our applications can be submitted online. Scan QR code for an online application:



If you prefer to fill out a paper application, please ask your UB Advisor at your school for one.

For those students who are new to UB this year, welcome, I am excited to get to know each of you this coming year. We had a successful hybrid summer program this past June. We met in-person for four days and online for two days. It was so great to have the students on the UVU campus, taking classes, workshops, and activities. Our students were able to earn 6-7 college credits and a lifetime of memories and friends. I have added some pictures to the last page of this Newsletter, where you can check out some of the fun memories we made. If you are interested in joining us for our Summer Program next year, applications will be due in January 2025. More information to come soon.

I wish you all a successful year. If you need extra help in a class, setting school and personal goals, or you are unsure what you need to do as a senior, please go to your UB Advisor for help. Upward Bound is here to help you with whatever challenge you may be facing. We are here to help you succeed. Please do not sit back and let this year go by without you pushing yourself to do better in all things. I am also here to help you with whatever help you may need. Here is to another great year!

**-Rebecca Ayala, UB Coordinator-**

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# NEWS from our UB ADVISORS



## UINTAH HIGH SCHOOL

Welcome back to another school year! I hope you all had an enjoyable summer and were able to relax and recharge. There's been some confusion about me not being your UB Advisor anymore. But... I'm Still here! Yes, I have taken employment elsewhere and am no longer employed with Uintah School District. I'm sad about this being the case. Unforeseeable circumstances made it necessary for me to seek employment elsewhere. I've enjoyed working with all of you and have enjoyed witnessing your growth and achievements in your academics and your personal lives.

Rebecca ("B") is currently searching for my replacement. However, until a replacement is found, I will continue acting as your advisor. Please don't hesitate to reach out if you need something or if there is anything I can do for you. I will send out weekly communications and keep in contact with you all as much as possible. If you would like to meet in-person individually or as a group, I'm happy to make arrangements to do so.

**-Brandon Aycock, UB Advisor-**



## OREM & PROVO HIGH SCHOOLS

I am thrilled to be working with your students again this year! With 10 years of high school teaching experience and 5 years in school counseling, I bring a wealth of knowledge and a passion for creating effective planning systems and goal-setting strategies tailored to students' needs. This year, in addition to our regular curriculum, we will focus on setting both personal and educational goals with your students.

As a reminder, I am available as follows:

### OREM HIGH

Mondays & Tuesdays  
10AM to 2PM

### PROVO HIGH

Wednesdays & Thursdays  
10AM to 2PM

Please remember to check your emails regularly, as I will be sending out lots of valuable information each week.

**-Pamela Gardner, UB Advisor-**



# MORE NEWS from our UB ADVISORS



## UNION HIGH SCHOOL

Welcome back to a new and exciting school year! I hope you had a refreshing summer and are ready to dive back into your studies.

As Upward Bound students, you're already taking significant steps toward your college dreams. This year continue working hard and keeping your grades up. Remember, every assignment, test, and project is a building block for your future success. Maintaining strong academic performance is crucial, not only for your high school achievements but also for making your college dreams a reality.

Now is the perfect time to start thinking about college scholarships. Here are a few things you can do this year to improve your chances of earning scholarships:

- **Stay Focused on Your Grades:** Academic excellence is one of the most important factors scholarship committees consider. Strive to keep your GPA high and seek help if you're struggling in any subject.
- **Get Involved:** Participate in extracurricular activities, volunteer in your community, and take on leadership roles. Colleges and scholarship providers love to see well-rounded students who contribute to their communities.
- **Research Scholarship Opportunities:** Start exploring scholarships that you may be eligible for. Pay attention to deadlines and requirements, and don't hesitate to ask for help with applications.

I also want to remind you of the importance of being fully active in the Upward Bound program. The more you immerse yourself in the program, the more prepared you'll be for college. Upward Bound is here to support you every step of the way, *but it's up to you* to take advantage of all the resources and opportunities available to you.

Your college dreams are within reach. With hard work, dedication, and the support of the Upward Bound community, you can achieve anything you set your mind to. Let's make this year your best one yet!

**-Audrey Goodrich, UB Advisor-**



## WASATCH HIGH SCHOOL

Hello Upward Bound parents and students!

I hope your school year is off to a strong start! By now you should be getting settled into your schedule and hopefully feeling like you have at least one class or teacher you really enjoy! Remember to focus on what you DO enjoy about school rather than what you don't like! I always find that helps my success rate.

I want to remind you, weekly attendance to your Upward Bound meetings is important! I am always available in person every Wednesday from 9:00am-4pm in room 221 at main campus. If for some reason that time doesn't work for you, please reach out to me so we can figure out a time that works! I check my emails and texts regularly, so anytime you have questions, please don't hesitate to reach out!

**-Emily Nelson, UB Advisor-**





# 2024-2025 UB PRESIDENCY MESSAGE



Melanie Rangel-  
President



Crystal Luo- VP



Arelli Retamales-  
Secretary/Historian

## We have a new UB Presidency for 2024-2025

Welcome back! I hope you all had a great summer. Seniors, get ready because this year is going to fly by. Enjoy your final year, but also start thinking about college applications and applying for scholarships. Juniors, it's time to start getting ready for the ACT. Sophomores, you should also prep for the practice ACT. It's a good way to prepare for the real test. All underclassmen, make sure you're taking the steps you need to graduate. Don't hesitate to reach out to your advisors if you need any help. Let's start the year off strong so we can finish strong!

**-Melanie Rangel, UB President-**

## DID YOU KNOW?

### DID YOU KNOW?

Study habits and organizational skills are two skills you will need to be successful in college. These are some websites that can help you with those skills:

1. [understood.org/](https://understood.org/) offers practical strategies for helping students stay organized and focused. They suggest using tools like calendars, weekly planners, and daily checklists to manage assignments effectively. They also emphasize the importance of creating a conducive study environment and breaking tasks into smaller, manageable steps.

2. [coursera.org/](https://coursera.org/) provides a comprehensive guide to developing good study habits. They cover the importance of group study, taking practice tests, and self-care habits like adequate sleep, healthy eating, and exercise to support cognitive function.

These websites offer a variety of tips and strategies to help students build and maintain effective study habits and organizational skills, which are crucial for academic success.

### DID YOU KNOW?

If you write your goals, you are 42 percent more likely to achieve them than those who don't. According to a [study](#) conducted by Dr. Gail Matthews, a psychology professor at Dominican University in California, people who write down their goals are 42% more likely to achieve them.



To stay on top of your assignments, it is a good idea to log all your work details into a planner or calendar. Maintaining a regular study schedule will make it easier to finish everything on time as well. If you are stuck, you can always approach your teacher, classmates, parents, or even a tutor for additional help.

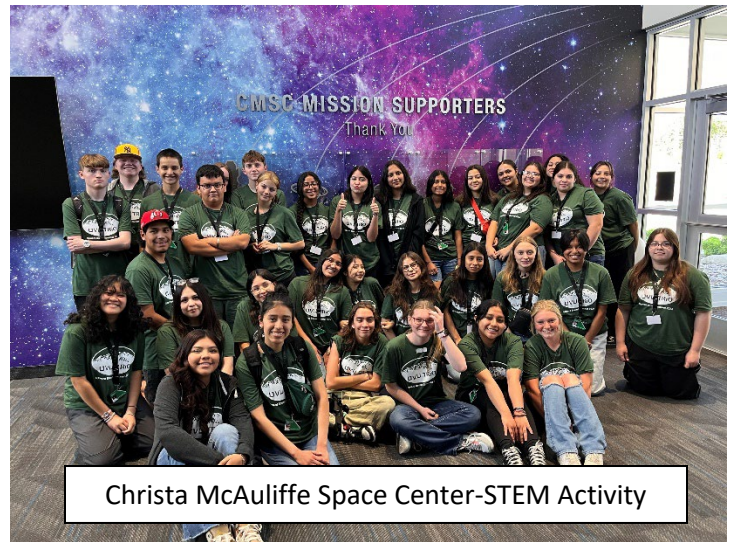
- 1) Use your downtime to study
- 2) Keep a homework planner
- 3) Set alarms to help remind you when to study



# 2024 SUMMER PROGRAM



Mrs. Cavanaugh's Chocolate Factory Tour



Christa McAuliffe Space Center-STEM Activity



DōTERRA Tour



Texas Instruments Tour



Gabriela Rodriguez and Ashley Garcia, both received their associates degree from UVU, before graduating high school.



Texas Instruments Tour



# 2024 SUMMER PROGRAM



Griffith Observatory



Grammy Museum



Universal Studios



Mann's Chinese Theater



Griffith Observatory

This year's trip was to Los Angeles. The students studied paleontology during the summer program. We visited Jurassic World at Universal Studios to see the dinosaurs up close. We also made a few other stops to sight see and have some fun!

We hope you join us next year!

# TRiO TURNS 60 YEARS OLD

THIS ACADEMIC YEAR MARKS A MONUMENTAL CELEBRATION AS TRIO TURNS 60! SINCE 1964 MORE THAN 2 MILLION STUDENTS HAVE PARTICIPATED IN THE REGULAR UPWARD BOUND PROGRAM, AND 964 PROGRAMS ARE CURRENTLY FUNDED WITH MORE THAN 80,000 STUDENTS PARTICIPATING TODAY. OVER THE YEARS UPWARD BOUND HAS TRANSFORMED COUNTLESS LIVES, OPENING THE DOORS TO HIGHER EDUCATION AND CREATING PATHWAYS TO SUCCESS. OUR PROGRAM ALONE HAS PROUDLY HELPED THOUSANDS OF STUDENTS ACHIEVE THEIR ACADEMIC DREAMS, AND WE CONTINUE TO SERVE AS A BEACON OF HOPE AND SUPPORT. HERE'S TO 60 YEARS OF EMPOWERING FUTURES, WITH MANY MORE TO COME!

## CELEBRATING

# 60 YEARS

## OF TRiO!

### 1964 - 2024

**TRiO**  
TALENT SEARCH

UTAH VALLEY  
**UVU**  
UNIVERSITY

**TRiO**  
UPWARD BOUND